To help El Paso stop the dangerous spread of COVID-19 infections, it's important to learn the symptoms of the virus and know what steps to take when the symptoms begin to show in any member of the family.

If you have any of these symptoms, please **do not** report to work or school:

- ✓ Cough
- ✓ Shortness of breath or difficulty breathing
- ✓ Chills
- Fever of 100 degrees or more

In some cases, symptoms also may include:

- ✓ Nausea
- Vomiting
- Diarrhea

- Muscle pain
- Sore throat
- Loss of taste and smell

Anyone exhibiting these symptoms should see their family doctor and be tested for the COVID-19 virus.

If you have had direct contact with a person who has tested positive (less than 6 feet apart for more than 15 minutes) DO NOT come to work or school and notify their school or immediate supervisor. People with contact with positive people should quarantine immediately and get tested 4 to 5 days after the initial date of exposure to prevent a false negative test.

Important If you have been tested for COVID-19, you may not return until you receive your results. If you are positive, you must quarantine.

If you test positive for COVID 19, follow these steps:

- ✓ Call your family doctor
- ✓ Stay home until cleared by medical officials
- ✓ Isolate yourself from other family members
- ✓ Do not leave your house except for medical treatment
- ✓ Do not attend work or school

- Rest and stay hydrated
- Monitor your symptoms
- Seek emergency medical care if an emergency warning sign emerges, including trouble breathing







